



Dash and Splash 2014

Compete in the Swim Center's Duathlon

Earn some bragging rights this winter by competing in an event consisting of a 20-minute walk/run on a treadmill followed by a 20-minute swim.

Winners in each age group will be ranked by total distance logged during the competition.

Age: 15+

Competition dates: Saturday, Feb. 22 and Sunday, Feb. 23

Fee: \$15 Senior Participant/\$20 all others

Location: Rockville Swim and Fitness Center, 355 Martins Ln.

To register, visit www.rockvillemd.gov/recreation/guide and see page 66 for course numbers and times.



City of
Rockville
Get Into It

Rockville Swim and Fitness Center

355 Martins Lane

240-314-8750 • www.rockvillemd.gov/swimcenter